

## Sample BLS Course Agenda With Optional Lessons Included

**12 Students, 2 BLS Instructors**  
**Student-instructor ratio 6:1; student-manikin ratio 3:1**  
**Total time: 4½ hours**

8:00-8:05	<b>Lesson 1: Course Introduction</b>
8:05-8:13	<b>Lesson 1A: Life Is Why Activity (Optional)</b>
8:13-8:48	<b>Lesson 2: 1-Rescuer Adult BLS</b> Part I: Adult Chain of Survival Part II: Scene Safety and Assessment Part III: Adult Compressions Part IV: Pocket Mask Part V: 1-Rescuer Adult BLS
8:48-9:15	<b>Lesson 3: AED and Bag-Mask Device</b> Part I: AED Part II: Bag-Mask Device
9:15-9:27	<b>Lesson 4: 2-Rescuer Adult BLS</b>
9:27-9:40	<b>Lesson 5: Team Dynamics</b> Part I: Team Dynamics Part II: Successful Resuscitation Teams
9:40-9:55	<b>Lesson 6: High-Performance Teams Activity</b>
9:55-10:15	<b>Lesson 6A: Local Protocols Discussion (Optional)</b>
10:15-10:25	<b>Break</b>
10:25-10:40	<b>Lesson 7: Child BLS</b> Part I: Pediatric Chain of Survival Part II: Child BLS Part III: 2-Rescuer Child CPR
10:40-10:55	<b>Lesson 8: Infant BLS</b> Part I: Infant BLS Part II: Infant Compressions Part III: Bag-Mask Device for Infants Part IV: 2-Rescuer Infant BLS Part V: AED for Infants and Children Less Than 8 Years of Age
10:55-11:03	<b>Lesson 9: Special Considerations</b> Part I: Mouth-to-Mouth Breaths Part II: Rescue Breathing Part III: Breaths With an Advanced Airway Part IV: Opioid-Associated Life-Threatening Emergency
11:03-11:05	<b>Lesson 10: Adult and Child Choking</b> Part I: Relief of Choking in a Responsive Adult or Child Part II: Relief of Choking in an Unresponsive Adult or Child
11:05-11:09	<b>Lesson 11: Infant Choking</b> Part I: Relief of Choking in a Responsive Infant Part II: Relief of Choking in an Unresponsive Infant
11:09-11:14	<b>Lesson 12: Conclusion</b>

11:14-11:39	<b>Lesson 13: Exam</b>
11:39-11:59	<b>Lesson 14: Adult CPR and AED Skills Test</b>
12:00-12:20	<b>Lesson 15: Infant CPR Skills Test</b>
12:20-12:35	<b>Lesson 16: Remediation</b> Part I: Skills Testing Remediation Part II: Exam Remediation